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CANADIAN SHOWS CANNES-DO SPIRIT

DIRECTOR XAVIER DOLAN WINS JURY PRIZE AT PRESTIGIOUS FILM FEST. USE METRO AR TO WATCH A CLIP FROM HIS NEW FILM, MOMMY PAGE 12

Want a puff of my Tootsie Roll?

Some e-cigarette flavours have owners of child-centric brands fuming PAGE 8

Never skimp on the shrimp

Make tasty shrimp skewers in as little as 20 minutes PAGE 18

School's out with rotating strikes

Ongoing dispute. Opting for one-day walkouts across Lower Mainland 'wasn't a decision we took lightly': BCTF president

MATT KIELTYKA
Metro in Vancouver

Vancouver schools will be behind picket lines on Monday as teachers begin rotating one-day strikes across the province.

The escalation in the dispute between the B.C. Teachers' Federation and the government comes after small concessions over contract length were made by both sides, but the parties remain worlds apart on other issues, according to BCTF president Jim Iker.

The rotating strikes come after teachers were threatened with potential pay cuts over strike action — which Iker says will be challenged at the Labour Relations Board later this week — and a lockout notice, mirroring teachers' own Stage 1 job action, limiting work and supervision duties to the classroom.

"We've moved to Stage 2 job action to hopefully put the pressure back on the government at the bargaining table," said Iker. "It wasn't a decision we took lightly."

After insisting publicly on a 10-year deal, the government recently tabled a six-year proposal while teachers countered with a four-year deal.

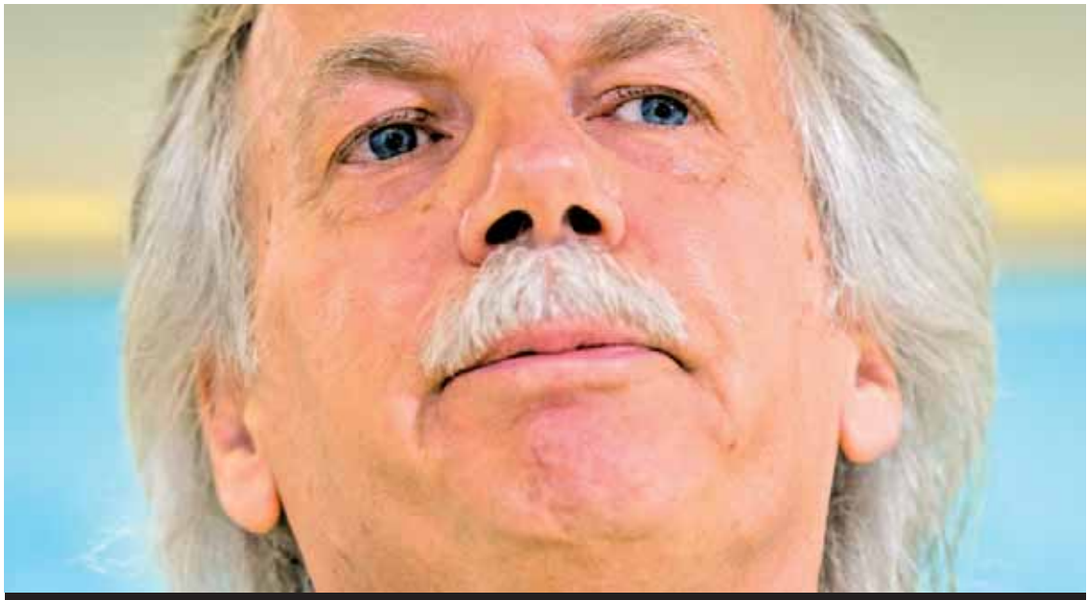
Though Iker says movement on contract length has been positive, it is "the least contentious item on the table."

"There hasn't been any mention of class size, composition or other provisions that bring us closer to a deal whatsoever," he said.

Vancouver, New Westminster and Mission are among the districts affected by strike action Monday, with more Lower Mainland districts affected throughout the week.

The Vancouver Park Board is running extra day-long camps and programming at 11 community centres this week to help parents deal with the job action.

Parents are encouraged to contact their local community centre for more information.



B.C. Teachers' Federation president Jim Iker at a news conference in Vancouver on Thursday. Iker says he hopes rotating strikes slated for this week will "put the pressure back on the government at the bargaining table." DARRYL DYCK/THE CANADIAN PRESS

Rotating strike action

- **Monday:** Vancouver, New Westminster, Mission
- **Tuesday:** Langley, Richmond, Maple Ridge
- **Wednesday:** Abbotsford, Delta, Coquitlam
- **Thursday:** Chilliwack, Surrey, Burnaby, North/West Vancouver

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Thailand

Correction

In our May 23 edition, a headline incorrectly stated there was a military coup in Taiwan. The coup was in Thailand. We are sorry and wish to express our sincerest apologies to anyone who was offended by the error.

Gastown

Bar brawl sends 3 men to hospital with stab wounds

No arrests have been made after five men were stabbed during a brawl at a Gastown nightclub Sunday morning.

Police say they were called to the fight at the Brooklyn Bar on Powell Street after 1:30 a.m.

Three men were taken to hospital, where a 20-year-old victim underwent surgery and is in stable condition. Two others were treated at the scene.

Anyone with information is asked to contact the assault unit at 604-717-2541.

EMILY JACKSON/METRO

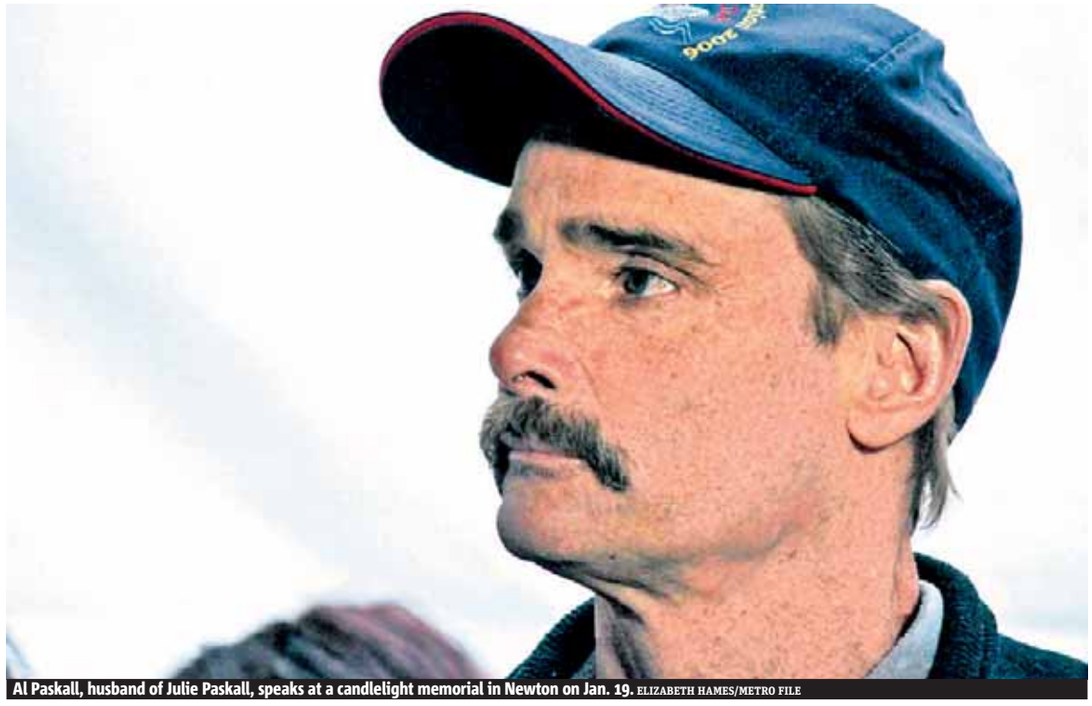
Victoria

Man faces charges after suspicious death of infant

A 21-year-old Esquimalt man faces manslaughter charges in connection to what Victoria police are calling the suspicious death of an infant.

Officers say that police were called to assist paramedics at a restaurant with baby who was not breathing Saturday morning.

The infant could not be saved. THE CANADIAN PRESS



Al Paskall, husband of Julie Paskall, speaks at a candlelight memorial in Newton on Jan. 19. ELIZABETH HAMES/METRO FILE

Arrest in hockey-mom case 'does not bring her back'

Julie Paskall. Suspect, 27-year-old Yosef Jomo Gopaul is expected to appear in court Monday

A man is expected to appear in court Monday morning, charged in the slaying of hockey mom Julie Paskall outside a Newton arena this winter.

Yosef Jomo Gopaul, 27, was arrested Friday. He had moved to B.C. from Ontario roughly eight weeks prior to Paskall's death.

Paskall, 53, a mother of three, was attacked in the parking lot of a community ice arena on Dec. 29 after arriving to pick up her son, a referee was who was officiating a minor hockey game. She died in hospital on Dec. 31.

"It has hit everybody to the core, especially something that is such a random act of such violence," said Surrey Mayor Dianne Watts. "And from somebody that has only been in the city for eight weeks, that in itself will even strike a deeper chord."

Paskall's death rattled the community and prompted some Surrey residents to demand the city and the police do more to keep them safe.

However, it's unclear if Mounties will still have as many patrols around the ice rink now that the suspect has been caught.

"Julie's death not only had a devastating impact on her family and friends, the community of Newton, the city of Surrey but the entire hockey community across this country," said Surrey RCMP Chief Supt. Bill Fordy.

Paskall's husband Al welcomed news of an arrest in the case.

"While this is very important, it does not bring her back, she's deeply missed and this has been an extremely difficult time for our family," Al Paskall told the news conference.

"We have suffered an unthinkable loss."

Even before Paskall's death, the municipality had formed a task force to figure out how to curb the city's homicide rate. Surrey set a grim record of 25 homicides in 2013, including Paskall's death, compared with 11 the previous year.

THE CANADIAN PRESS

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Vancouverites rally to stop demolition of Legg Residence

West End. Chances of saving heritage home look bleak

EMILY JACKSON
emily.jackson@metronews.ca

Heritage-loving Vancouverites staged an eleventh-hour attempt on Sunday to save one of the oldest mansions in the West End from the landfill.

Despite the pouring rain, about a hundred residents rallied to call on the city to protect heritage and to bemoan the expected loss of the 115-year-old Legg Residence to make way for a 17-storey, 36-unit building.

"We're losing all our heritage and our stories, house by house they're transforming the city," said Caroline Adderson, a heritage advocate who documents the demise of old single-family homes on the Facebook page Vancouver Vanishes. (It has more than 4,200 likes.)

"This is a city that claims it's going to be the greenest city in the world by 2020, and yet more than 1,000 demolition permits were issued last year ... each demolition sends 50 tonnes of waste to the landfill."

But unless a buyer steps up to move the house to a different location in the next few weeks, which would cost a few hundred thousand dollars and require chopping the house into pieces, the pleas to save it will amount to naught.

City council has no plans to save the mansion by placing a temporary 120-day moratorium on demolition, Coun. Heather Deal said Sunday.

"It's come to council twice already," Deal said.

Council twice rejected a proposal from Bing Thom Architects to build an 18-storey tower on the property due to neighbourhood concerns over density and the removal of a beloved tulip tree.

About a hundred residents rallied to save the Legg Residence and other heritage homes despite the pouring rain Sunday afternoon. EMILY JACKSON/METRO

Yet the developer can build a 17-storey tower without council's blessing, as the property is zoned for that density. It intends to demolish the house to do just that, although it will save the tulip tree.

Deal admits this is an "unfortunate circumstance." But when council last considered the application in 2011, neighbours were most concerned about the tree and the density (the 18-storey tower would have contained more units and been right next to the property line). The proposal was "unpalatable" and "firmly rejected" by the neighbourhood, Deal said.

The city is working on a heritage action plan to develop tools to save more houses, she said, and is calling on the province to change its "crippling" heritage rules that require a city to compensate a developer for the full value of the land if they save a heritage building.

Meanwhile, residents are lamenting the loss of homes such as the Legg Residence.

"This is part of our past. It's what makes us Vancouverites," said neighbour Daryl Nelson, adding the city gives too much power to developers. "We're just selling our soul to the highest bidder."

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Rampage previewed in resentful videos

A man holding flowers near a makeshift memorial is seen behind flower-filled bullet holes in the windows of the IV Deli on Sunday in Isla Vista, Calif.
DAVID MCNEW/GETTY IMAGES

California college killings. Shooter left six dead and 13 wounded

In YouTube videos and a long written manifesto, Elliot Rodger aired his contempt for everyone from his roommates to the whole human race, reserving special hate for two groups: the women he says kept him a virgin for all of his 22 years, and the men they chose instead.

Authorities said he put that bitterness into action in a stabbing and shooting rampage Friday night across the seaside California college town of Isla Vista that killed two young women and four men, at least half of them students at the University of California, Santa Barbara. Thirteen people were injured.

Rodger then apparently shot and killed himself inside the black BMW he used in the violence, authorities said Saturday.

The rampage played out largely as he laid it out in the public postings, including a YouTube video where he sits in the BMW in sunset light and appears to be acting out scripted lines and planned laughs.

"I'll take great pleasure in slaughtering all of you," Rodger, the son of a Hollywood director who worked on The Hunger Games, says in the video posted Friday and taken down by YouTube Saturday with a message saying it violated the site's terms of service.

"I don't know why you girls are so repulsed by me," he says in the video, describing his loneliness and frustration at never having had sex with or even kissed a girl. "I am polite. I am the ultimate gentleman. And yet, you girls never give me a chance. I don't know why."

Of the men he sees as rivals, he said: "I deserve girls much more than all those slobs," and that after his rampage "you will finally see that I am, in truth, the superior one, the true alpha male."

Thirteen people were injured in the rampage, eight from gunshot wounds, four from the vehicle and one whose origin wasn't clear. Four of the injuries were considered serious.

THE ASSOCIATED PRESS

Scan the photo below with your Metro News app to see a photo gallery of election day in Ukraine.

Ukraine's decision day

Low voter turnout in the east

Rebels close polling stations

The question of who was able to vote Sunday loomed large over the democratic process. Some 35.5 million Ukrainians were eligible to vote, but separatists in the eastern Donetsk and Luhansk regions — which have 5.1 million voters — said they would not hold the vote because they are no longer part of Ukraine.

The regional administration in Donetsk said only 426 of 2,430 polling stations in the region were open Sunday, and none in the city of Donetsk. There was no voting in the city of Luhansk either, but some stations were open in the wider Luhansk region. Fighting broke out Sunday in the Luhansk town of Novoaidar, where the Interfax-Ukraine news agency quoted the deputy interior minister as saying one person was killed and another injured in the fighting. THE ASSOCIATED PRESS

A woman cries after hugging a pro-Russian gunman in Lenin square in Donetsk, eastern Ukraine, Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

Presidential election. Billionaire chocolate magnate pledges to 'bring peace to the Ukrainian land'

A Ukrainian soldier, with his daughter, casts a ballot during voting in the presidential election at a polling station in the village of Kovyri in western Ukraine, Sunday. Inset: Ukrainian presidential candidate Petro Poroshenko speaks to press at a polling station in Kyiv, Sunday. PETRO ZADOROZHNYY/THE ASSOCIATED PRESS; INSET: SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

An exit poll showed that billionaire candy-maker Petro Poroshenko won Ukraine's presidential election Sunday in the first round — a vote that authorities hoped would unify the deeply fractured nation.

The ballot took place amid weeks of fighting in the sprawling eastern regions that form Ukraine's industrial heartland, where pro-Russia separatists have seized government buildings and battled government troops. The rebels had vowed to block the ballot in the east — and less than 20 per cent of the polling stations were open there.

Long lines of voters snaked around polling stations in Kyiv, the pro-Western capital, but heavily armed pro-Russia rebels in eastern Ukraine intimidated locals by smashing ballot boxes, shutting down polling centres and issuing threats.

The exit poll for Sunday's election, conducted by three respected Ukrainian survey agencies, found the 48-year-old candy tycoon Poroshenko getting 55.9 per cent of the vote.

At a distant second was former prime minister Yulia Tymoshenko with 12.9 per cent, the poll showed. Full results are expected Monday in the election that could be a critical step toward resolving Ukraine's protracted crisis.

"The country has got a new president," a confident and composed Poroshenko told several hundred journalists at his election headquarters. "I would like to thank everyone for the support that the Ukraine has showed today for me and my team." THE ASSOCIATED PRESS

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Marketing

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Yes, the names are sexual and that's no accident when you talk to the two ladies serving up hot donuts stuffed with ice cream in Ottawa. They know just how well sex sells.

Marketing expert Ian Capstick of MediaStyle said the fun names can be alluring.

"One would assume that businesses that have these tongue and cheek names are also a little bit more fun to be around," he said.

METRO IN OTTAWA

The right to be forgotten vs. the First Amendment

Privacy. An American is pinning the recent court ruling on search-engine results on 'prissy European sensibilities'

Europeans and Americans are facing off over a ruling on what pops up when your name is searched. THE ASSOCIATED PRESS FILE

Europe's moves to rein in Google — including a court ruling this month ordering the search giant to give people a say in what pops up when someone searches their name — may be seen in Brussels as striking a blow for the little guy.

But across the Atlantic, the idea that users should be able to edit Google search results in the name of privacy is being slammed as weird and difficult to enforce at best and a crackdown on free speech at worst.

"Americans will find their searches bowdlerized by prissy European sensibilities," said Stewart Baker, former assistant secretary for policy at the U.S. Department of Homeland Security. "We'll be the big losers. The big winners will be French ministers who want the right to have their last mistress forgotten."

Mountain View, Calif.-based Google says it's still figuring out how to comply with the European Court of Justice's May 13 ruling, which says the company must respond to complaints about private information that turns up in searches. Google must then decide whether the public's right to be able to find the information outweighs an individual's right to control it — with preference given to the individual.

The judgment applies to all search engines operating within the European Union. But in practice that means Google, given that 90 per cent of all online searches there use Google's search engine.

"The ruling has significant implications for how we handle takedown requests," Google spokesman Al Verney said. "This is logistically complicated, not least because of the many languages involved and the need for careful review. As soon as we have thought through exactly how this will work, which may take several weeks, we will let our users know."

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Hot topic. Kid-friendly brands fuming mad about e-cigarette flavours

Owners of brands geared toward children of all ages are battling to keep notable names like Thin Mint, Tootsie Roll and Cinnamon Toast Crunch off the flavoured nicotine used in electronic cigarettes.

General Mills Inc., the Girl Scouts of the USA and Tootsie Roll Industries Inc. are among the companies that have sent cease-and-desist letters to makers of the liquid nicotine demanding they stop using the brands and may take further legal action. They want to make sure their brands aren't being used to sell an addictive drug or make it appealing to children.

The actions highlight the debate about the array of flavours available for the battery-powered devices that heat a liquid nicotine solution, creating vapour that users inhale.

THE ASSOCIATED PRESS

'Reducing bureaucracy'

Rogers cutting corner-office fat

There will be some reductions in the management ranks at Rogers Communications Inc. and a new focus on agility but no large-scale reductions are planned, the company's new chief executive says.

Among other things, Rogers will adopt a new organizational structure focused on consumer and business customers.

THE CANADIAN PRESS

Shopping

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THE CANADIAN PRESS

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* All mortgages are subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts. **Scotiabank 5-Year Fixed Rate Special** – The new mortgage must be set up as a 5-year closed term fixed rate mortgage at a rate of 2.97%. As of May 22nd, 2014, if there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.97% equals 2.95% (compounded semi-annually, not in advance). Where a typical appraisal fee of $300 is assumed (actual appraisal fees may vary), the APR equals 3.02% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of $100,000 with a 25-year amortization. ***Scotia Flex Value*® Mortgage Special** – Scotiabank Prime as of September 9, 2010 was 3.00%. As of May 22nd, 2014, the *Scotia Flex Value*® Mortgage – Closed 5 Year Term was 2.47%. If there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.47% equals 2.46% (compounded semi-annually, not in advance). Where a typical appraisal fee of $300 is assumed (actual appraisal fees may vary), the APR equals 2.52% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of $100,000 with a 25-year amortization. The *Scotia Flex Value*® Mortgage interest rate varies with Scotiabank Prime.
These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

† Assuming a mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately $14,130 in interest. Alternatively, assuming the same mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of $500 and increase your regular payments by just $20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately $18,923 in interest.

A ROOM WITH A DISTURBING VIEW

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

It's the top perch in town.

The penthouse on the 61st floor of the Shangri-La on Georgia is for sale. For 15 million bucks, you can enjoy the best view in town while floating in your private pool. The 4,300 square-foot unit comes with 15-foot ceilings, three bedrooms, five bathrooms and a three-car garage. For those us who like to count.

Half the time you're above the clouds, or if you prefer, like Shangri-La itself, hidden in the clouds. Up there, you never get old or tired or sick or poor.

Can't afford $15 million? How about something a little more down-to-earth, like a typical single room in a crumbling Downtown Eastside hotel? For $400-$500 a month, you'll be lucky to get a window.

No kitchen and the bathroom is down the hall. Maybe it works. Maybe it doesn't. I visited one single-room-occupancy hotel recently that had no running water for three months.

If that's still too pricey, you can live for free on the corner — literally — of Granville and Hastings. This comes with its own grate. The nearest available washroom is several blocks away, but you can always try to use the one at a restaurant or retail establishment, if security doesn't get to you first.

Some people are picky, and would like a roof. You might prefer to live under the Georgia Street viaduct. Not only do you get shelter from the rain, but you live on the same street as the occupant of the Shangri-La penthouse suite.

How, you might ask, did we get to this place, where one person has the private use of five bathrooms in the sky while another has to dodge the gendarmes in a quest for relief? Where one person has floor-to-ceiling panoramic views of the entire south coast of British Columbia while another is faced with cracked plaster less than 10 feet away? Where the three-car garage has more square footage than most the residences of the Downtown Eastside?

Opulence and ignorance

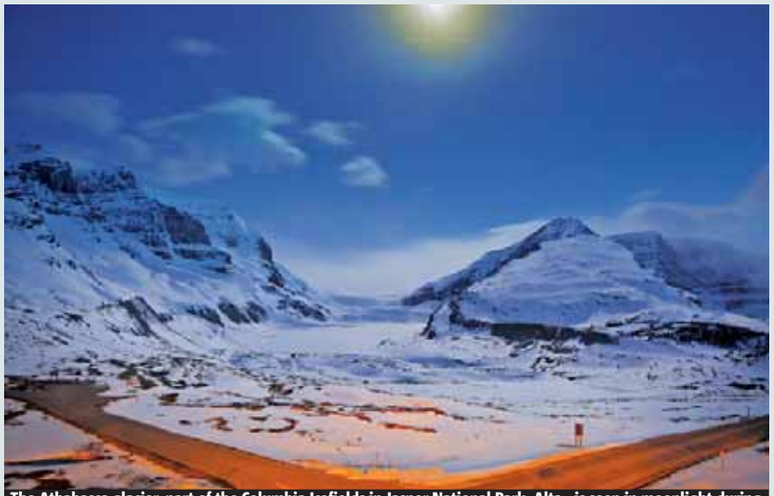
Do we even care? Are we so enchanted by the temptations of Shangri-La that we blithely ignore the situation down here, closer to the dirt, where most of us live and jostle for elbow room?

Do we even care? Are we so enchanted by the temptations of Shangri-La that we blithely ignore the situation down here, closer to the dirt, where most of us live and jostle for elbow room? Are we so hard-pressed just to find our own patch of dirt that we can't waste any time thinking about the vast dichotomy that stretches from downtown to uptown? From down-and-out to in-the-clouds?

Most of us are no more likely to find ourselves in a downtown single room than in the penthouse suite of the Shangri-La. Maybe that's a good thing. Otherwise, we might want to do something about it.

ZOOM

Glacier recedes at unglacial pace



The Athabasca glacier, part of the Columbia Icefields in Jasper National Park, Alta., is seen in moonlight during a long exposure this May. JEFF MCINTOSH/THE CANADIAN PRESS

'Astonishing' rate of more than five metres a year

What's believed to be the most-visited glacier in North America is losing more than five metres of ice every year and is in danger of completely disappearing within a generation, says a Parks Canada manager.

The Athabasca Glacier is the largest of six ice sheets that form part of the Columbia Icefield in Jasper National Park.

THE CANADIAN PRESS

Passage of time leaves its mark

While it receives about seven metres of snowfall annually, the glacier has been slowly shrinking for about 150 years.

"It's astonishing," said John Wilmshurst, Jasper National Park's resource conservation manager.

The passage of time is clearly visible at the ice sheet's base. Markers dating back as early as 1890 show the toe of the Athabasca Glacier has retreated 1.5 kilometres, leaving a moonscape of gravel and rock behind. THE CANADIAN PRESS

Climate change

A recent American state-of-the-union report has singled out the rapid melt of glaciers in British Columbia and Alaska as a major climate change issue, saying they are "shrinking substantially."

- "I think long term it's not good news at all," said Wilmhurst."Absolutely the glacier will be gone. Not within my lifetime, probably, but maybe within my children's lifetime."

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In this issue, you can find AR enhancements on page 7 in News, page 12 in Scene and page 22 in Sports

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Worth mentioning. PetMatch app aims to be a man's best friend

New phone app helps you find your perfect match ... if you're looking for a cat or dog, that is. The PetMatch app allows users to upload an image of a cute critter and then searches its database of animals that are almost identical, and up for adoption. The gizmo, launched by California startup Superfish, uses techy algorithms and patented image recognition technology to plot key characteristics (eyes, mouth and colour) to speed up the search process. Metro chats to co-founder Adi Pinhas about why pictures are worth a thousand words.

Did you start PetMatch because you needed to replace a dead pet?

(Laughs) No, it wasn't for that reason. We started with animals because it's a great-news case study for a visual search. It demonstrates the technology in a way that shows that visual searches can be more fun and efficient than text searches. Rarely you know the name of a breed's name or how to search for it, so this app does the hard bit for you.

What else can you match up?

It can do lots of neat stuff. People are taking images of desserts in a restaurant and we can show them restaurants that are selling similar desserts. If you take a picture of a chair or piece of furniture, you can find a similar style through the app.

Are you just trying to make life easier for people?

Yes, we are looking and we're thinking how can we make the camera a lot smarter. If someone wants a handbag or want to know the name of a flower, they can take a pic and find out its name and where it is available.

People will have to think less ...

Well, it's easier for you to connect with the world around you. Instead of opening Google and using keywords, you can take a pic. Why try to do it in keywords when you have a picture?

EDWARD THOMPSON/ METRO WORLD NEWS

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Invest in Kids

Dear parents/guardians,
Like you, BC's teachers only want the best for your children, our students. You likely have seen or heard reports about current budget shortfalls facing many school districts across BC.

Four quick facts about funding cuts in education

1. BC students now receive **$1,000 less** than the national average, and we have the **worst** student-educator ratio in the country. BC students and families deserve better!
2. By ignoring the Constitution and the Supreme Court of BC (twice!) the BC Government continues to remove important protections for class size and minimum levels of specialist teachers. Have you noticed that librarians, counsellors, and other specialists have been cut back at schools?
3. BC is one of the richest provinces, yet the government won't even fund:
   - MSP & Hydro increases
   - Seismic upgrading
   - Carbon taxes on portables
   - Building more new schools
   - Contract increases
   - Simple inflation
4. BC has among the lowest corporate tax rates in Canada. If corporate taxes were brought up just to the national average, it would bring in **$2.4 billion/year** to fund our important services, like public education.

What can we do to help support public education?

- Visit **www.aFairDeal.ca** for information; you can also quickly and easily "have your say" in a preformatted letter to the Minister of Education and your MLA.
- Join the Facebook group called **"Education Rallies in BC"** to participate in rallies in our area.

A Message from the Teachers' Assocations in the following communities: Burnaby, Delta, Langley, and Surrey.

tml:uws2009:leu#35

End a Decade of CUTS to public education in BC

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SCENE 2

See that symbol? It means you can scan the photo below with your Metro News app to see a clip from Xavier Dolan's new film Mommy

Ebooks

The Mozart Project

By. By James Fairclough & Harry Farnham

iPad/iPhone

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A mind-blowing, definitive look at Mozart's music and genius, this ebook is astonishingly alive with sheet music, letters, paintings, timelines, and child prodigy performances. Seven leading scholars showcase his pianos and violins, his travels and influences, his family relationships and childish glee for "lavatory humour." There are hours of music, discussion, and short films, all so very humbling, surprising, and beautiful.

Box office

Newest X-Men opens strong

Fox-Marvel's X-Men: Days of Future Past debuted with $91 million at the box office, beating last weekend's No. 1 hit, the Warner Bros. sci-fi adventure Godzilla, which earned $31.4 million in its second weekend, according to studio estimates.

Days of Future Past is the second-highest opener in the X-Men franchise.

THE ASSOCIATED PRESS

Young Canadian wows Cannes jury

Jury Prize. Xavier Dolan shares festival prize with legendary French filmmaker

Montreal-born filmmaker Xavier Dolan THE ASSOCIATED PRESS

Canadian director Xavier Dolan won the Jury Prize for his film Mommy at the Cannes Film Festival Saturday, sharing the honour with French filmmaker Jean-Luc Godard.

Dolan's film is a highly emotional drama starring Anne Dorval as the determined single mother of a violent and agitated 15-year-old son (Antoine-Olivier Pilon).

There were high hopes that Dolan would win the festival's top award, the prestigious Palme d'Or, but that honour went to the Turkish drama Winter Sleep.

Dolan was moved that he shared his prize with Godard, the 83-year-old film icon.

"What's beautiful in sharing a prize with Godard is that he, in a different era, tried to reinvent cinema and I like to think that we are in a moment where cinema is going in a different direction and I would be happy to be part of that."

Dolan, 25, was the youngest director at the festival, while Godard (Goodbye to Language), 83, was the oldest.

Dolan was very emotional when he went on stage, having to interrupt his speech a few times to regain his composure.

"The emotion that is sweeping over me as I think of this mythical room is overwhelming," he said.

"I am lost in gratitude thinking of the recognition of the jury, the love we have felt over the last week, which has made me realize that we do this job to love and be loved in return."

He also seized the opportunity to urge his peers, in terms of age, to think big.

"There are no limits to our ambitions, other than those we impose upon ourselves and those that others impose upon us. Everything is possible for those who dream, who dare, who work and who never give up."

Telefilm Canada executive director Carolle Brabant ,issued a statement congratulating Dolan for winning the award.

Dolan is no stranger to the Cannes festival.

In 2009 he made a splash with his directorial debut, I Killed My Mother, written when he was just 17. The film — a semi-autobiographical story about a boy discovering his homosexuality and battling with his mother — reportedly earned an eight-minute standing ovation at the festival and ultimately won three awards in the Director's Fortnight program.

Dolan's list of films also include Heartbeats (Les Amours Imaginaires) (2010); Laurence Anyways (2012) and Tom at the Farm (Tom à la ferme) (2013).

The Montreal-born filmmaker began acting in commercials at age four, appeared in the TV movie Misericorde in 1994, and the divisive 2008 horror film Martyrs in 2008.

THE ASSOCIATED PRESS WITH FILES FROM TORSTAR NEWS SERVICE

Cannes

Saturday's 67th Cannes Film Festival's other big winners:

- Palme d'Or: Winter Sleep, Nuri Bilge Ceylan
- Best Director: Bennett Miller, Foxcatcher
- Best Actor: Timothy Spall in Mr. Turner
- Best Screenplay: Andrei Zvyagintsev and Oleg Negin for Leviathan

Julianne Moore wins Best Actress for Cronenberg satire

Julianne Moore GETTY IMAGES

Julianne Moore won the best actress prize at the 67th Cannes Film Festival Saturday for her role as a shallow starlet in Canadian director David Cronenberg's biting Hollywood satire Maps to the Stars.

In the film, the 53-year-old redhead plays an aging actress feeling increasingly sidelined by an industry obsessed with youth.

When the young son of a rival for a new film role is killed in a freak drowning accident, Moore does a dance of joy that remained one of the enduring shocks of this year's festival.

"Vive Los Angeles, vive David Cronenberg, vive Julie Moore et vive la France," the film's screenwriter, Bruce Wagner, said as he picked up the trophy for Moore, who was not in Cannes.

Moore has played everything from a porn star to an FBI agent in her 20-year film career, a career that has already brought four Oscar nominations, two Golden Globes and a Primetime Emmy to her name.

Her best-known films include 1998's The Big Lebowski, Crazy Stupid Love (2011) as well as The Hours and Far From Heaven, both from 2002.

Those last two helped her join the elite club of actors to score two Oscar nominations for different films in the same year. She also scored Academy Award nods for Boogie Nights (1997) and The End of the Affair (1999).

Moore won a Golden Globe and an Emmy for portraying Sarah Palin in 2012's Game Change, about Republican John McCain's doomed 2008 White House run with the former Alaska governor as his gaffe-prone running mate. AFP

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It's Twilights out for 'too old' Pattinson

STARGAZING
Malene Arpe
scene@metronews.ca

Robert Pattinson says that "I couldn't do another Twilight movie. I'm too old" Other reasons he couldn't do another Twilight movie: 1) It would have to involve what's-her-cursed-cheating-name. 2) Those movies are worse than fried liver. 3) He'd rather stab himself in the face with a rusty screwdriver.

Peter Dinklage sums up Game of Thrones thusly: "Sexy sexy sexy, stabby stabby stabby, beautiful language" That's about right, except that he forgot "Hodor, Hodor, wall, Hound, poison, dragon, dragon, dragon."

This week in unfortunate levels of intoxication 1) Justin Bieber is reportedly finished drinking codeine-laced sizzurp because he's "obsessed with working out and it's just really hard to do when you're high." 2) Channing Tatum describes himself a "functioning alcoholic." 3) A Tennessee man is arrested after he tried to have sex with an ATM and a wooden picnic table at a local bar. 4) Women are getting plastic surgery on their hands so their engagement ring selfies will look better.

Gwyneth Paltrow and Chris Martin are still living together even though they've consciously uncoupled Awww ... that's so civilized and wonderful and gives hope to everyone terrified they'd inadvertently end up in a relationship with Gwyneth Paltrow.

Kim Kardashian and Kanye West GETTY IMAGES

Kanye leaves wedding guests in altar-ed state

Quick: Try to think of the longest, most rambling wedding reception speech you've ever had to endure. Well, the one Kanye West gave this weekend might have been longer and ramblier.

As the whole world knows, the rapper married reality star Kim Kardashian on Saturday at Fort Belvedere in Florence. And according to E! Online, he followed that up by giving a 20-minute speech to the assembled horde of celebrity guests, in which he called the Kardashian family an "industry" and "the most remarkable people of our time" who can "make the world a better place." West "went on and on about the culture of being in the limelight and that all the spoofing and tabloid covers don't get him or the Kardashian family down. 'I am defined by being a celebrity ... the world is our altar,' he announced to a cheering room. 'We are not stupid!'"

The site also reported that West "got very heated during certain parts of his speech, but he also had very sweet things to say about his new bride. He called her the 'ideal celebrity' and the 'ideal art,' and he gushed about spending 'every day of my life with Kim.'"

Unhappily Eva after losing role

Eva Mendes GETTY IMAGES

Eva Mendes is apparently bitter rivals with Oscar nominee Jessica Chastain — even if Chastain is completely unaware of it. Mendes "feels an intense, one-sided rivalry that stems from when she lost out to Jessica for the role of Maya in Zero Dark Thirty," a source tells Radar Online. Complicating matters is the fact that the actresses reportedly share a talent agent. "Their agent is caught in the middle and is trying hard to keep them apart and on different career tracks, but Eva's declaration that she wants to audition for the same roles has made things all the more complicated," the source says.

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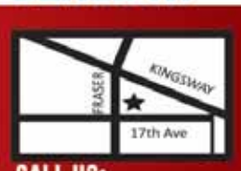

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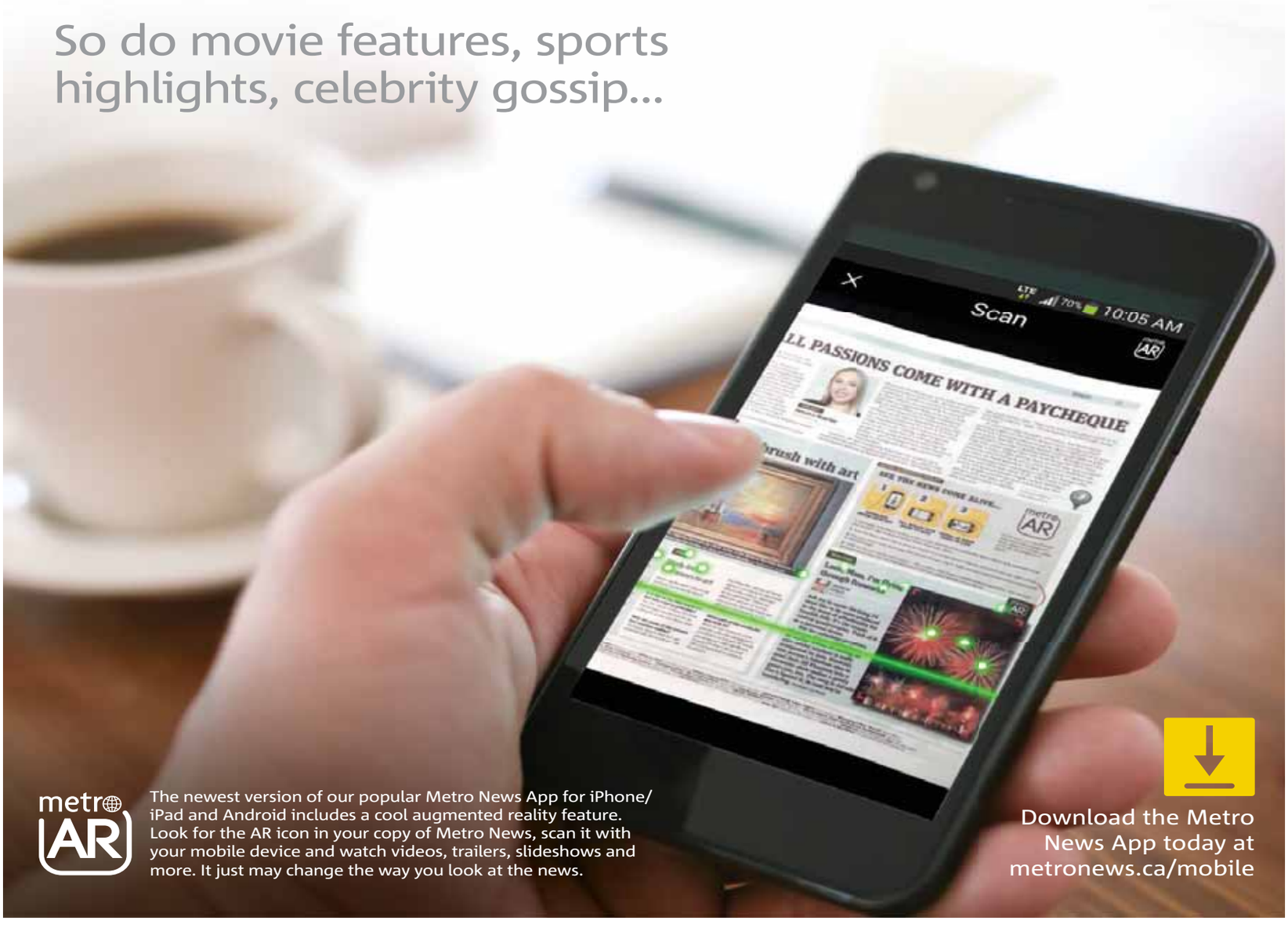

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Six signs you're a shopaholic

Spending like a drunken sailor? Figure out how to say bye-bye to buy-buy binges

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Bagged again? Perhaps it's time to give shopping the sack. ISTOCK

If I had a nickel for every email I got from people telling me that they think they might be a shopaholic, I could buy … well, I'd save the money, actually. It seems that the Buying Bug has become a social disease. So how do you know if you've been bitten? Here are six clues:

1. You have *all* the toys. You may not be in the red, but your closet is jammed to the rafters with stuff. Chronic spending is often unconscious spending, so you may not even know you're doing it. Take a look around. Do you seem to have a version of every popular trend? Is your home stuffed to the rafters? Are there things you've bought that are still in the box or hanging in your closet with the tags on?

2. You're sure shopping will cure what ails you. Emotional shoppers turn to the high they derive from spending money to compensate from the low they're feeling in their lives. I hate to burst your bubble, but shopping isn't going to make up for a crappy childhood. Nor will it cure an unhappy career, a disintegrating relationship or anything else that ails you emotionally. If you're buying to feel better, you're spending for the wrong reasons.

3. Your favourite phrase is "Oh, why not?" All of us fall prey to impulse shopping from time to time. But when "Oh, why not?" comes out of your mouth more than once or twice a year, you've got an impulse control problem. The problem for people who can't curb their desire for immediate gratification is that they're not prioritizing. They've lost (or never had) the ability to figure out if they can do without, so they're living in debt or, worse, a centimetre away from destitution.

4. Spending makes you feel rich. You like showing off that you've got money to spend. As counterintuitive as it may seem, some people become chronic spenders out of a fear of poverty. It can be a self-esteem thing, too. If you have a trophy kitchen but you're not cooking, take it as a sign.

5. Don't worry, be happy. You don't like to think about money. So you don't. You never bother to check your receipts. You don't keep a running balance of what you've spent. You just go blissfully along, running up a new credit card balance. Even if you pay it off faithfully, you're luckier than you are smart.

6. A $5,000 credit limit means you have $5,000 to spend. Not to put too fine a point on it, but your credit limit is not actually money in your pocket. When you shop on credit and don't pay your balance off in full, you're spending money you have yet to earn. What will you do if you suffer a reversal of fortune, e.g., get sick, lose some hours at work, or get laid off? If your credit card balance runs close to your credit limit every month, consider yourself a chronic spender.

As a society, we already have way more stuff than our parents. Do we really need more? At some point we've got to move back to the idea that acquisition of stuff should fulfil our needs, not make us work longer and longer hours to accumulate things we don't even have time to use.

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5 steps to recovery

If you think you might have a serious shopping problem, try the following:

- **Figure out your buying patterns.** Take an inventory of what you own. If you have 30 pairs of shoes, only five of which you wear regularly, steer clear of shoe stores.
- **Quell the urge.** Take 24 hours and postpone buying what you think you want.
- **Cut back.** If you always buy two or three, buy only one.
- **Simplify.** Buy only the basic necessities such as food and transportation and keep track of every penny you spend.
- **Quit cold turkey.** Throw your credit cards behind the refrigerator and pay for everything with cash. Hey, that debit card is cheating!

Keep the little sprouts on veg

Want your Swee'Pea to eat her spinach and all the other veggies that are good for her? Don't tell her it will make her as strong as Popeye. ISTOCK

A recent study led by Dr. Ayelet Fishbach of the University of Chicago's Booth School of Business indicates that children who are told certain foods will make them stronger, smarter or taller are less likely to want to eat them.

"We propose that young children infer from messages on food instrumentality that if a certain food is good for one goal, it cannot be a good means to achieve another goal," Fishbach explains in an article slated for publication in the October 2014 issue of the Journal of Consumer Research.

"As such, if food is presented as making them strong … these children will conclude the food is not as tasty, and will therefore consume less of it."

In short, the study concludes that the best way to foster healthy eating habits in young children is to avoid telling them how fruits and vegetables will make them stronger, taller or smarter.

To reach these findings, researchers carried out five experiments on a sample population of 270 preschool-aged children (ages three to five). The study found that children ate more of a food when it was presented without commentary or when it was presented simply as tasty, without any indication of its "usefulness." AFP

Turn over healthy leaf

- **Meanwhile, a separate study published last year in the journal Psychological Science found that teaching kids about nutrition through books could boost their vegetable intake.**
- **Scientists from Stanford University found even very young children, aged four and five, could benefit from a conceptual framework that encourages them to understand why eating a variety of foods is healthy, the researchers said.**
- **Over time, kids chose to eat more vegetables.**

Money 101. Two couples, one year to make them richer

Halfway to accomplishing their goals

Since January I have been working to improve the finances of two Canadian couples. By focusing on growing their net worth, we have tackled debt, bought a home, prepared for the arrival of a new baby and started preparing for the long term — eventual retirement. Follow along every month as we examine each couple's bank accounts, work through any challenges they face, and celebrate all of their financial accomplishments along the way. – Lesley-Anne Scorgie/For Metro

Anne-Marie and Peter are eagerly anticipating the birth of their baby. SHUTTERSTOCK

Do-it-yourself home improvements, such as painting, will save Carolina and Jose some money. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing.
- Total household income: $110,000.
- Life stage: Expecting their first child in June.
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home.
- Current net worth: $86,000
- Homework from May: Finalize their wills, research investments for their RRSPs and confirm freelance work opportunities for Peter.

With two weeks left before their baby arrives, Anne-Marie and Peter have raced toward firming up their insurance coverage, finishing their nursery and putting the final touches on their maternity-leave budget.

With feelings of parental protection kicking in, Anne-Marie and Peter have amped up Anne-Marie's insurance policy provided through her employer and completed their wills. Both acts will provide extra security for their growing family.

Anne-Marie now has three times her basic salary in a death benefit, approximately $200,000. She also signed up for $500,000 in accidental death and dismemberment insurance and dependent life insurance, which gives $15,000 for Peter and $7,500 for their child, should either pass away. Her new insurance plan costs $35 per month.

Peter's employer offers minimal life and accident insurance, so he is seeking term life coverage — "use-it-or-lose-it" insurance — through an independent provider.

The couple will consider a whole-life policy, one where your beneficiaries are guaranteed a payout, in a few years. Currently, those policies are too expensive.

The couple is focused on improving their RRSPs, and is researching their mutual funds. Reviewing their current portfolio revealed that although Anne-Marie and Peter are balanced medium-risk investors, they are currently invested in a low-risk portfolio, with only one year of performance history. So they are exploring opportunities to transition into a balanced mutual fund portfolio containing a blend of bonds and blue-chip stocks with more than 10 years performance history. Though past performance isn't indicative of future performance, it provides insight into how the mutual fund has been managed in the past.

Peter is in the process of confirming his freelance opportunity valued at approximately $18,000. These funds would eliminate the couple's debts.

Homework:
Anne-Marie and Peter will focus on selecting new investments, welcoming their baby, applying for a social insurance number for the baby, and setting up their child's registered education savings plan.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Carolina and Peter recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing.
- Total household income: $62,000.
- Life stage: Three daughters ages six, three and one.
- Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have no retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, buy a house and visit family.
- Current net worth: Minus $7,000
- Homework from May: File their taxes, create a plan for their tax return and look for a home.

Caroline and Jose became homeowners in May.

After searching unsuccessfully, being outbid by other buyers and fighting the temptation to compromise on their wish list, the couple finally found a suburban townhome that meets the needs of their growing family — and still meets their budget constraints.

The townhome is well located near schools and transit, which will ease Jose's commute to work and reduce Carolina's time in the car driving their girls to and from various activities.

Though the townhome needs a little work, I have provided Jose and Carolina with a list of low-cost, high-impact home improvements that they can start to tackle themselves, like painting, changing knobs and making small repairs rather than replacing larger items like their furnace.

The final purchase price on the property was $250,000. Jose's parents gave them $25,000 for the down payment. On the recommendation of their mortgage broker, Jose and Carolina used part of the down payment to pay off their mini-van loan, and, using the remaining funds, secured a 25-year fixed-rate mortgage with a five-year term at approximately three per cent interest.

This decision reduced their overall interest expenses, and allowed them to qualify for a more suitable mortgage.

The couple's concerns over closing costs, which are typically one to two per cent of the home's value, have been tempered through Jose's recent job promotion and raise, insurance savings by eliminating the mini-van loan and receiving a healthy tax return.

Homework:
The focus for Carolina and Jose throughout June is to pack up and move into their new home as efficiently and affordably as possible — leaning on friends and family for support — while continuing to maintain their household budget, which is officially in the black. To build on the couple's financial momentum, primarily resulting from the gift of the down payment, they will also begin the process of creating a plan to officially move their net worth into a positive position by the end of the year.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.

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Rounding out the sweetness of shrimp

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

A skewered shrimp kebob is a great appetizer or main course, especially when served over top a bed of tender spaghettini.

The combination of apricot preserves and hoisin sauce in this Apricot Glazed Shrimp Skewers and Spaghettini recipe goes well with the sweetness of the shrimp.

Shrimp are a low-fat and low-calorie protein source. A four-ounce serving has only 120 calories and two grams of fat and contains about one third your daily protein intake. Shrimp are also an excellent source of selenium and vitamin B12. You can also use a variety of fish such as scallops, or a firm white fish such as swordfish, cod or halibut.

In terms of good quality pasta, Catelli has launched a preservative-free whole-wheat pasta with only wheat as the ingredient.

If you're using wooden skewers, soak in water for 20 minutes before grilling to prevent the wood from burning.

Ingredients

- 16 medium shrimp (about 12 oz), peeled and deveined
- 16 wooden skewers (about 6 inches long)
- 1/4 cup apricot jam
- 1 tbsp oyster sauce
- 3 tbsp hoisin sauce
- 3 tbsp chopped fresh basil
- 4 oz whole wheat spaghettini
- 2 tsp sesame oil

Nutritional information

Per serving (four skewers)

- **Calories.** 263.5
- **Carbohydrates.** 40.7 g
- **Fibre.** 5.6 g
- **Protein.** 20 g
- **Total fat.** 3.1 g
- **Saturated fat.** .8 g
- **Cholesterol.** 128 mg
- **Sodium.** 376 mg

This Apricot Glazed Shrimp Skewers and Spaghettini recipe makes 16 skewers. ROSE REISMAN

Directions

1. Thread the 16 medium, peeled and deveined shrimp onto the skewers.

2. Combine the apricot jam, oyster and hoisin sauce in a small bowl. Stir well and set aside half of the sauce. Brush the other half over the shrimp.

3. In the meantime, cook the pasta in boiling water just until tender, approximately 5 minutes. Drain well, add sesame oil and put on a serving plate.

4. In a grill pan or a skillet lightly coated with cooking spray, sauté the shrimp, just until they are no longer pink, about 5 minutes. Serve over top of the pasta, drizzle with the remaining sauce and garnish with basil.

Layer, dip and then repeat

1. Layer each shot glass with ingredients starting with refried beans and ending with the black beans.

This Southwest Layered Dip recipe serves eight. ROSE REISMAN

Ingredients

- 8 (3 oz) small glasses
- 1/2 cup refried canned beans
- 1/2 cup light sour cream
- 1/2 cup mashed ripe avocado (approx. 1 small)
- 1/2 cup shredded cheddar cheese
- 1/2 cup diced seedless tomato
- 1/4 cup canned black beans

2. You can serve room temperature or chilled with tortilla chips or sliced vegetables.

ROSE REISMAN

June 1st - 7th

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LAKSHMI GANDHI
Metro World News

Make it a point to participate in class, as it's a great way to both stand out and allow the professor to get to know you.
ISTOCK

Recommendation letters have always been a big part of the graduate school application process. Along with your transcripts, essays and standardized test scores, these letters provide admissions officers a window into your academic interests, job performance, and, ideally, your personality.

Students thinking about applying to graduate programs and fellowships in the fall should start thinking now about which professors they would like to ask to recommend them. Because writing detailed recommendations can be very time-consuming for faculty members, taking these simple steps can make the entire process go smoother for everyone.

Ask someone who knows you

"My biggest tip is 'Make sure the professor really knows you,'" said Julie Dodd, a professor in the College of Journalism and Communications at the University of Florida. Dodd often blogs about jobs and internships on her blog Thoughts on Teaching.

"Even if you've been in a small class with a professor, that doesn't mean that they know you," she points out.

It's also a good idea to talk to your professors about your life outside of class.

Don't be shy about inviting a professor to a concert you are performing in or mentioning the play that you are producing. While they may not be able to come, extending the invite is a great chance to talk about your interests and goals.

Dodd recently recommended a student who had taken a class with her while he was a sophomore, yet made it a point to regularly stop by her office for two years afterwards.

When he asked her for a job recommendation, "I was really invested in him," she said. "I wanted him to get a job."

Ask as early as possible

A good recommendation letter takes time to research and compose, so it's important to be respectful of the faculty member's schedule.

Ask at least a month before your deadline, says Dodd, though earlier is always better. Keep in mind that a lot of other students are also asking for letters and that the deadlines all tend to fall around the same dates.

"Sometimes it's a matter of time," said Dodd of why she sometimes has to turn students away. "They ask you right after another student asks, and you don't have time to do them all."

Ask in person

Schedule a meeting with your professor so you can discuss the schools you are applying for, your goals, and why you want to go to grad school. Making a request for a recommendation over email or just after class can seem too casual and rushed.

Dodd adds that you should also tell your professor why you would like a recommendation from them specifically. "A key part of this is saying to a teacher why you want a letter from them. Saying something like, 'I think as a student, you really saw me as a writer,'" lets the professor know why you requested them in particular.

Take no for an answer

You want your recommendations to be from people who are enthusiastic about you and your abilities. "Every letter you write is a reflection of you as a recommender," said Dodd, noting that she's also told students who were chronically absent or who missed deadlines exactly why she wasn't able to assist them.

If a professor tells you that they are not the best person to write your letter, believe them and move on.

Give them all the information they need

Make a folder with a copy of your resumé, a note with all of the classes you took with the professor with the semester listed, and a list of all of programs you're applying to.

Please and thank you

Remember that you are asking for a favour

- Writing letters while juggling a teaching schedule and other responsibilities is a time- consuming process.
- Be sure to ask nicely and to send a thank you note when the applications are all in. Also, be sure to let your instructor know which school you selected in the end. Don't leave them wondering.

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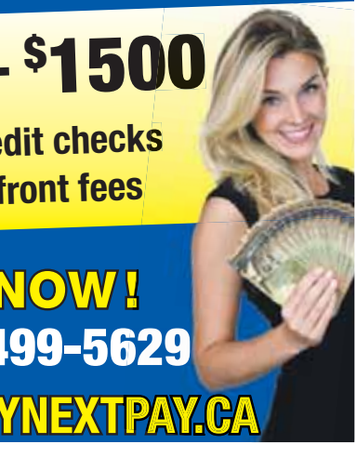
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metro

HEALTH-CARE CAREERS

Monday, May 26, 2014

A physiotherapist works with patients who have limited mobility due to pain, injury or disease. Careers in physiotherapy are expected to be in high demand in coming years. SHUTTERSTOCK

Prescription: Fill these positions

PAULINE ANDERSON
For Metro

Next to the oil industry, the health-care field is probably the biggest growth area in terms of future job prospects across Canada.

As the population ages and retires, the demand for skilled health-care professionals will steadily increase, experts predict. Health-care-related positions consistently lead the list of top jobs across the country compiled regularly by Canadian Business magazine using Statistics Canada data.

Here are some of the health professions projected to be in greatest demand in coming years:

Registered nurses: Of all the medical professions likely to be sought after in the future, nursing could be at the top of the list. A 2009 report by the Canadian Nurses Association predicted that if action isn't taken right away, the shortage of registered nurses, who perform all manner of hands-on bedside health care, will climb to almost 60,000 by 2022. The provinces and territories are moving from requiring diploma entry level to baccalaureate entry level for registered nurses (RNs).

Dental hygienist: These professionals clean and scale teeth, take X-rays, provide fluoride treatments and oral hygiene information to patients as well as assist dentists during procedures. Students typically must complete a three-year diploma course before being eligible to become a registered dental hygienist.

Radiation technologist: Demand for these technologists, especially those with more advanced diagnostics and medical imaging skills, will increase as use of technology in the field of medicine soars. They operate X-ray, radiographic, fluoroscopic and radiation detection equipment. A minimum of a college diploma is required with grads often specializing in areas such as mammography or computerized tomography.

Respiratory therapist: These medical professionals diagnose and treat airway-related health issues. Prospective therapists complete a three-year community college program and pass a certification exam to become a registered respiratory therapist (RRT)

Physiotherapist: A physiotherapist works with patients who have limited mobility due to pain, injury or disease. Increasingly, they handle more complicated cases involving the cardiovascular or respiratory systems. Becoming a physiotherapist requires an undergraduate degree followed by a master's level degree.

Initiatives to limit nursing shortage

- Experts are looking for ways to limit the growing nursing shortage across Canada. The 2009 Canadian Nurses Association report outlined various short- and long-term policy scenarios to help eradicate this shortage.

Proposed initiatives, which include hiring support staff to take on non-nursing tasks, and employing a team-based collaborative approach to care, would cut the shortage almost in half within 15 years, according to the association.

Demand for new, emerging careers

Many Canadians are considering careers in health care, as more and more analysts predict that the sector will continue to generate a wealth of jobs over the next 25 years.

Along with traditional jobs such as registered nurse and dental hygienist, demand is also expected to remain strong for new and emerging careers, such as dietician, care co-ordinator and health-policy specialist. As provinces scramble to meet rising costs, many are assigning work once done exclusively by doctors to nurses, nurse practitioners and medical technologists. Navigating these shifting sands is a challenge not only for someone building a career, but also for those who prepare people to enter the workforce.

"With the increased volatility of the job market, it's challenging for universities and colleges to design programming," said David Rodas-Wright, the University of Ottawa's employer relations co-ordinator.

A former recruitment specialist in the legal sector, Rodas-Wright has spent 10 years working with employers to ensure that University of Ottawa graduates can access successful careers.

"Job trends come and go," Rodas-Wright said. "And there's no sense chasing them when you make a multi-year commitment to a university or college program. I encourage people to learn as much as possible about what's out there. Attend job fairs, ask lots of questions, take advantage of co-op and volunteer opportunities. Find out what people actually do and what appeals to you. You have to build your own career."

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Due to technological advancements, radiologists are better able to make an accurate diagnosis. SHUTTERSTOCK

A personal approach

Radiologists. Integral part of the health-care team that studies, diagnoses and treats

JANE DOUCET
For Metro

Diagnostic radiology uses body-imaging techniques to study, diagnosis and treat diseases and other health conditions. According to the Canadian Medical Association, there are more than 2,300 diagnostic radiologists practising in Canada.

Dr. Jacques Lévesque, the president of the Canadian Association of Radiologists, graduated in diagnostic radiology from McGill University in 1981, then worked as an interventional radiologist in Quebec City and Ste-Foy, Que.

From 1998 to 2004, he was chief of the radiology department at the Centre hospitalier universitaire de Québec.

Schooling and training

- After graduating from medical school, it takes another five years of residency training to become certified in diagnostic radiology. The residency may be followed by one or more years of fellowship subspecialty training. Because of rapid changes in technology, radiologists must continue to study and attend courses to keep pace with new information and techniques.

Today, Lévesque is a clinical professor of radiology at the Université of Laval and the medical director of the Clinique radiologique de la Capitale in Quebec City. The biggest change he has seen during his 33-year career has been the technological advances in the imaging equipment used to detect things like tumours, cysts, broken bones, blocked arteries and pneumonia.

The enhancements to X-rays, mammograms, ultrasounds, CT, MRI and other imaging equipment has meant that radiologists are better able to make an accurate diagnosis at an earlier stage of the disease or condition.

Another change is that radiologists have more direct contact with patients.

"The radiologist is an integral part of the team overseeing patients," he said. "I think patients appreciate it when their radiologist speaks to them directly."

Lévesque finds radiology interesting because it covers all parts of the body. He also likes working with patients' family physicians and specialists.

But he especially enjoys what he calls "personalized medicine," when he and his patients get to know each other. "The more personal approach you take with patients the more you get back from them."

Feedback. Take a moment to say thanks to your nurse

If you have been fortunate enough to have been cared for by a nurse who made you feel like you were safe and in good hands, you already appreciate nurses.

"When people understand the work of nurses, appreciation follows," said Barbara Mildon, the president of the Canadian Nurses Association.

Mildon said nurses get great satisfaction from the feedback they receive from patients and their families — their input may help enhance the way they provide future care. And there is nothing nicer than hearing someone express their gratitude.

"A simple thank you is more than enough," she said.

Some people might send a heartfelt thank you card or drop off a bouquet of flowers for the nursing station, while others might deliver gift baskets or gift cards. "Whatever is in your heart is the right thing to do," Mildon said. JANE DOUCET

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SPORTS 4

CFL and CFLPA headed back to the bargaining table

CBA negotiations. According to reports league won't lock out players but work stoppage still possible via players strike

CAM TUCKER
cam.tucker@metronews.ca

The B.C. Lions staged an event for season-ticket holders and fans on Sunday inside BC Place Stadium — a kickoff for the 2014 season.

There were autographs with players, a fashion show to display new merchandise and a good vibe. The Grey Cup was even in the house, as were upwards of 3,000 fans.

But there was also no ignoring the elephant in the room — the ongoing labour situation surrounding the Canadian Football League as it tries to form a new collective bargaining agreement with the CFL Players' Association, and the possibility of a players strike.

Both sides will be back in negotiations this week, starting Wednesday in Toronto.

"If we're in negotiations, that's a step forward so that we're at least trying to work things out," said Lions linebacker and special teams standout Jason Arakgi.

"All we want is a fair deal. Sharing is caring."

A report last week on Sportsnet.ca, citing league sources, stated the CFL will not lock out its players. If that's the case, the only work stoppage would come from a players strike.

The current CBA expires at the end of the month, with training camps scheduled to begin June 1.

"It would be a shame if both sides couldn't come to a free agreement that both feel comfortable with," said Arakgi. "But ... if we don't get what we feel is fair, then we'll miss games if we have to miss games."

Tensions were high last week when the league went public with its latest offer. In a letter from commissioner Mark Cohon, the league offered to increase the salary cap by nine per cent this season, to $4.8 million, and increasing it $50,000 each year for the next five years.

The league rejected the union's proposal from May 20. That offer included a salary cap for 2014 of $6.24 million.

Milk — it does Hunter-Reay's body good

Ryan Hunter-Reay cools off with a bottle of milk after winning the Indianapolis 500 on Sunday. Hunter-Reay passed Helio Castroneves on the final lap to deny the Brazilian a record fourth Indy 500 win and became the first American since 2006 to win "The Greatest Spectacle in Racing." Scan the image for a gallery of the 98th running of the 500-mile race. JONATHAN FERREY/GETTY IMAGES

NHL playoffs

Rangers push Habs to brink of elimination

Martin St. Louis scored in overtime to move the New York Rangers one win away from their first Stanley Cup final in 20 years with a 3-2 victory over the Montreal Canadiens on Sunday.

The win, which gave the Rangers a 3-1 series lead, marked the first time the home side had won in the Eastern Conference final.

Carl Hagelin had a short-handed goal and assisted on the overtime winner, and Derick Brassard also scored for the Rangers in regulation.

Francis Bouillon and P.K. Subban scored for Montreal, while David Desharnais chipped in with two assists.

Game 5 is Tuesday night in Montreal.

THE CANADIAN PRESS

NBA playoffs

Ibaka leads Thunder to win in return from injury

Serge Ibaka scored 15 points in a dramatic return from what was thought to be a season-ending left calf strain to help the Oklahoma City Thunder beat the San Antonio Spurs 106-97 on Sunday night in Game 3 of the Western Conference finals.

Russell Westbrook had 26 points, eight rebounds and seven assists, and Kevin Durant added 25 points and 10 rebounds to help the Thunder cut the Spurs' lead in the series to 2-1.

Ibaka started after missing the first two games of the series. The Thunder had said he likely would miss the rest of the playoffs, but the team changed course Friday.

Game 4 is Tuesday night at Oklahoma City.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
This should be one of the most enjoyable times of the year but if you want it to be really special, be more optimistic. A lot will depend on your state of mind. It creates your reality.

♉ Taurus
April 21 - May 21
The moment you start seeing yourself as a victim is the moment you lose. No matter what others may be saying and doing you are master of your fate. Think like a winner again.

♊ Gemini
May 22 - June 21
For some time now you have been doing too many things for too many people and hardly anything for yourself. That must change. Start putting your own needs first this week.

♋ Cancer
June 22 - July 23
Impulse buying could be a problem over the next few days, so keep a tight hold on your cash and credit cards and make sure you can return anything you buy later.

♌ Leo
July 24 - Aug. 23
There is so much you want to do in life but you are beginning to wonder if time and opportunity have passed you by. No they have not. It's not really about time, it's about motivation. What can you do now, this very minute? Do it!

♍ Virgo
Aug. 24 - Sept. 23
People in positions of power will make demands of you over the next few days that you may find hard to meet. Stay calm and keep your mind free of fear. Always think logically and always act quickly.

♎ Libra
Sept. 24 - Oct. 23
Things that have been hidden from you in recent weeks and months will be revealed over the next few days. Try not to dwell on the many little things that make up your life. Only the big picture matters now.

♏ Scorpio
Oct. 24 - Nov. 22
What is the most important factor in success? It's knowing what you want. If you still don't know what you are aiming to do with your life, you must give it some thought this week.

♐ Sagittarius
Nov. 23 - Dec. 21
The most important thing over the next few days is that you don't give anyone the authority to make decisions on your behalf. Stay in control of your destiny because everything else depends on that.

♑ Capricorn
Dec. 22 - Jan. 20
If you feel run down as the new week begins that's a sure sign you have been overdoing it. Put your wellbeing first and don't worry that you might fall behind. You're still well ahead.

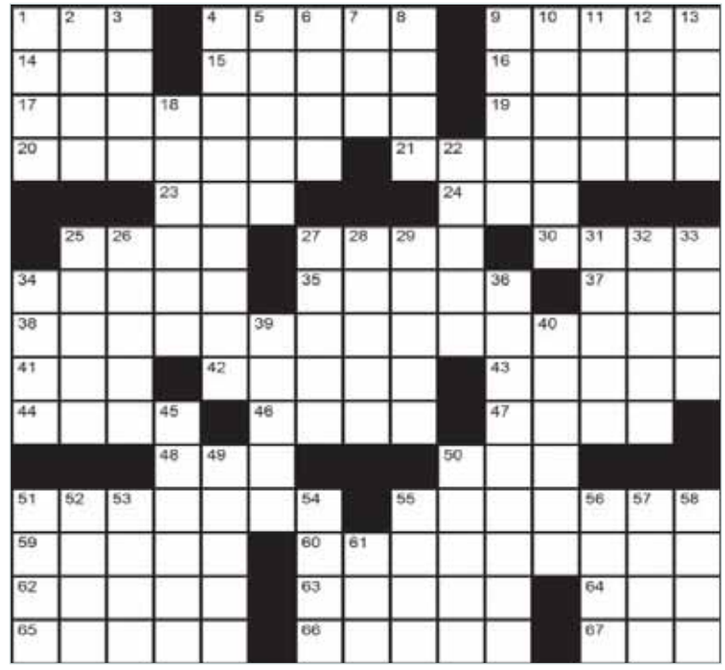
♒ Aquarius
Jan. 21 - Feb. 19
You will take great strides over the next few days but where to? You have so many options open to you now but you need to choose one and stick with it.

♓ Pisces
Feb. 20 - March 20
You are carrying a load at the moment and need to find someone who can help take the strain. The good news is there are people you have done favours for who would like nothing better than to return the compliment. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



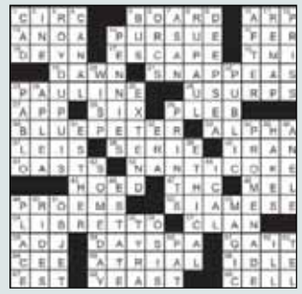
Across

1. Letters-in-a-row
4. Charles Dickens novel, __ House
9. Actor Jimmy
14. Some vowels
15. Big Wreck's "The __ (__ Luck Is Wasted)"
16. Army academy attendee
17. Edmonton: LRT Service = ___ Transit
19. Canadian doctor, the 'Father of Modern Medicine', William __ (b.1849 - d.1919)
20. Bird: French
21. Stratford, ON born single-named songstress
23. 'Meth' suffix
24. Depleted
25. Bell town in a Longfellow poem
27. Winter reminder in the garage
30. Large amount
34. Cartoons voicer Mel
35. Music chord type
37. "The Simpsons" character
38. Sitcom starring Barbara Eden: 4 wds.
41. Become
42. __-ovo vegetarian
43. Just starting something out: 2 wds.
44. Iron and Lead
46. Vodka brand
47. Farm team
48. Founded, briefly
50. Caf' serving
51. Remove, as a necklace
55. Painter Mr. Monet's
59. Map items
60. Alternative medicine practitioner
62. Cultural standards
63. __ Lama
64. 'Serpent' suffix
65. James' role in "The Godfather" (1972)
66. Bagpipes sound
67. Tree's 'liquid'

Down

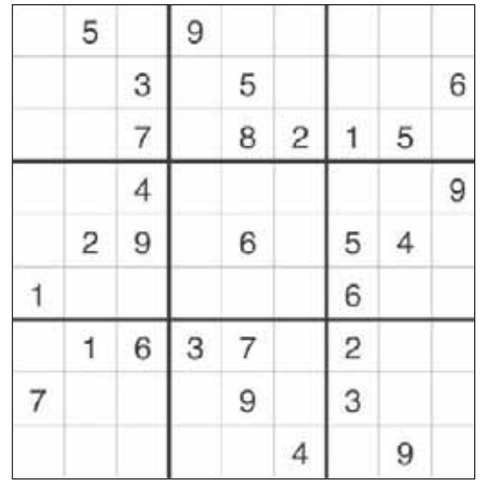
1. __ Alto, California
2. Prince Harry's grandmother, briefly
3. Cheats
4. St. Albert, AB, 'The __ Arts City'
5. Johnny __ (John Candy "SCTV" character)
6. Internet-sent transmission
7. Pierre's pal
8. Mr. MacLachlan
9. Director Ridley
10. Pulverizes potatoes
11. Still
12. Golfer, when at the golf peg, say
13. Houston baseball player, informally
18. Explorer-to-Canada, Samuel __ (b.1745 - d.1792)
22. Ms. Frost, Jude Law's ex-wife
25. Tree type
26. __ au sucre (Quebec dessert 'sugar pie', in French)
27. Toronto __ Exchange
28. Elevated
29. Savour
31. "__ __ talk?" (Joan Rivers' classic catchphrase)
32. Concerning bees
33. Two singers/One song
34. The ___ (Nickname of Montreal's 1976 Summer Olympics stadium)
36. Canadian-invented product in the pantry: 2 wds.
39. Boat poles
40. TV: "After the break...": 2 wds.
45. "Cityline" guest expert, Kimberley __ (Interior Designer)
49. Cheeky
50. Cloudiness of vision
51. Scottish musician Midge's
52. Say __ __ (Refuse)
53. Lyricist Sammy
54. High degs.
55. Gladiator's 951
56. Podium
57. Cirneco dell'__ (Dog breed)
58. Elvis dog song: "Old __"
61. Acorned tree

Yesterday's Crossword



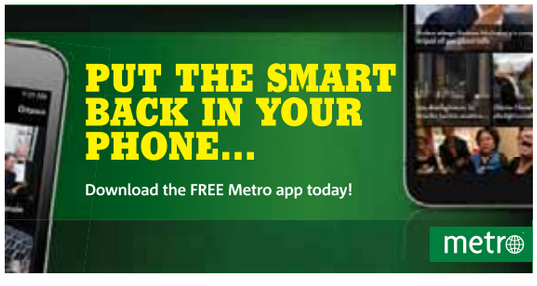
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	5	9	2	7	1	6	4	8
1	4	7	6	9	8	2	3	5
8	2	6	3	5	4	1	9	7
2	1	8	9	6	7	3	5	4
5	9	4	1	8	3	7	6	2
7	6	3	5	4	2	9	8	1
6	3	2	4	1	5	8	7	9
4	7	1	8	3	9	5	2	6
9	8	5	7	2	6	4	1	3



skilled immigrant infocentre
Vancouver Public Library Central Library, Level 4
350 West Georgia Street
Phone: 604-331-3624
Web: skilledimmigrants.vpl.ca
Employment information for career decisions
A free service for immigrants to British Columbia
Vancouver Public Library
We gratefully acknowledge the financial support of the Province of British Columbia through the Ministry of Jobs, Tourism and Skills Training.

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EXPERT TIP

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Bangkok Travel Sep 4 - Sep 25	$999	$3199
Hong Kong Travel Jun 3 - Jun 20	$1049	$3089
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Flights + 2 Nights + 3-Night Cruise
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